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2013

FEELING THE PRESSURE?

LEARNING THE ART OF STRESS MANAGEMENT



EMPLOYEE SUPPORT PROGRAM

Become more resilient to stress with tools and techniques of stress management. Let us help you let go of the pressure that stress can bring.

Your Employee Support Program can help with:

- Articles and tip sheets about stress and stress management
- An assessment on how you react to stress
- Audio on daily relaxation
- A Skill Builder training module on managing stress



Call or visit us online to find information on leading a stress-free life.

TOLL-FREE:

800-777-9376

WEBSITE:

www.CAEAP.com

USERNAME: **Riverside**

PASSWORD: **Riverside**

Available anytime, any day, your employee support program is a free, confidential program to help you balance your work, family, and personal life.

